

# Satsang

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## AGNIHOTRA - New Energy For Psychotherapy

By Ross Ford

Many Satsangis and future Satsangis are to be found in professions that allow them to give service to others through the process of psychotherapy. This corresponds with the tendency of more and more people to turn to psychiatry in search for lasting happiness and peace of mind. By turning to the ancient wisdom of the Vedas, as revealed by the concepts of bioenergetics, psychotherapy becomes an instrument of Divine Will. Our planet is infused with vibrations of intense new energy. This new direction in psychotherapy performs the function of helping seekers of eternal happiness to make themselves ready to receive the now available vibrations of love. Such readiness to receive will lead to the state of happiness in the 'here and now'. The practice of AGNIHOTRA, the ancient process to purify the mind through the agency of fire, is the key to becoming an instrument of Divine Will. We then become instruments in the service of helping others to find that elusive happiness within themselves.

To help the individual awareness of the Divine Presence becomes the goal in psychotherapy. This Presence is within each person. Each person can be helped to order his life and to reset priorities in such a way that he will attract that Divine Presence.

A 'here and now' focus in psychotherapy is not a new concept. Doing AGNIHOTRA and following the Fivefold Path adds dimension to that 'here and now'. The 'here and now' becomes a more dynamic reality as the psychotherapist gains access to and awareness of the energies that are operating. We are constantly existing in a virtual sea of bliss. The Vedic science of bioenergy informs us of how to tap this great energy source which is, in truth, the omnipresent Divine Presence. The dynamics of this 'here and now psychotherapy' then, becomes a process of helping persons to establish contact with the Presence.

The healing power of the Divine then makes reality clearer through the aspect of Divine love. The Presence attracts the best in all of us. We begin to feel that yearning for continuation of the reality experienced in such a therapeutic occasion. In traditional terms, such an experience could be called a correctional emotional experience. The experience awakens energy forces from within and produces intense effort in a positive direction. This leads to the performance of good deeds and actions that limit the effect of our past actions and propels us into a better tomorrow.

By practicing the Fivefold Path of Satya Dharma, Eternal Principles given through the Vedas, the psychotherapist becomes more and more aware to "not my will, but Thy Will be done". He becomes a true servant to the people for whom he cares. He becomes established in humility. Devotion and service geometrically increase as the ego stubbornly wanes. He begins to harmonize himself with the Divine Force and then makes that force available to others. This is being an instrument.

Insight-oriented therapies emphasize cognitive process. In such psychotherapy, hours are devoted to reflective thinking in an effort to clarify the functions of the mind. The medical doctor who wishes to become a psychoanalyst must himself submit to the process of analysis in an effort to unchain himself from the fetters of his mind. This two year or more effort functions to limit the transference - countertransference phenomena inherent in Freudian psychoanalysis. AGNIHOTRA is the scientific process that is a material aid to mind clarification and control of ego forces. The concept of mind training for psychotherapists continues to be relevant. For how can the blind lead the blind? A closer look, a scientific inquiry into AGNIHOTRA is needed by more practitioners.

Then there are those therapies that concentrate on concrete behavior change in the direction of competence in daily functioning. These psychotherapists have developed ingenious techniques and systems that help persons to gain self esteem by increased mastery of themselves and the social context. A degree of satisfaction and happiness is gained by this approach. Happiness is a tongue-in-cheek condition based upon and supported by outer realities. For some, these therapies represent a step toward lasting happiness. AGNIHOTRA is an aid to the inner unfolding of that Kingdom within where lasting happiness can be found. The Fivefold Path is the

gateway to an inner happiness that changes our attitude toward life's changing circumstances. By practice of AGNIHOTRA and the Fivefold Path, the enlightened psychotherapist knows first hand the attitudes and the behaviors consistent with true happiness. He becomes a behaviorist in a higher sense of the word.

In the near future, seminars and courses will be offered for those interested in the relationship between bioenergetics and psychotherapy. Interested persons may write to SATSANG Editor.

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From SATSANG Correspondence

West Germany

Dear Vasant,

As a traveller needs a good car to reach destination, you are my cadillac to Shree. Many times I do not feel worthy of being a passenger but through your total love and devotion you still give me a lift. Once in a joke you called yourself a "bigger thief". I wish with all my heart that I may become one of your victims...

R.

Holland

The Hague

Dear Vasant,

I feel I have to write to you often to let you know that I found out whatever you describe in your book GRACE ALONE about AGNIHOTRA and its effects. I experience that it is so, as you say. What more can I say than 'it is so'? I feel so gay and I have to smile because you said so simply, "Try AGNIHOTRA and see. Don't just believe, but try."

I feel really that 'invisible organisation' is going on managing things all around. I feel this happen. Even the cells of my body totally changing I feel. Whenever questions arise "What is this? What is that?" immediate answers are there. Sometimes it is in such a direct way that I am absolutely astonished. It is too obvious. That is why I am so happy with your book GRACE ALONE. I know what you mean.

We have a friend (actor) who performs AGNIHOTRA since one



month. He has a small daughter (3 years) who suffers from a brain disease...She always suffers from epilepsy in spite of medicines she is getting. She has one or two attacks each week. The child is at the same time intelligent. Since her father does AGNIHOTRA she did not have even one attack during the whole month.

Love,  
T

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### Surrender

By Tullia

If we are too full of ourselves how can Grace manifest? If Yoga means 'Surrender and Receive Grace', perhaps we can say that there are two 'ways'.

The path of discipline is where we go step by step disciplining and modifying the mind, getting better and better. We are 'doing'. It is a discipline, an effort.

The other path is the path of total surrender. There is nothing to be disciplined. We don't exercise will power in the ordinary sense. It is a 'total give up'. It is like taking a jump into the unknown. It is 'instant'. There seem to be no details. It is a 'total happening', like the young cat who lets the mother carry itself.

If we feel that surrender is impossible, then we can go slowly. Surrender a little, little by little. Surrendering possessions (DAAN), surrendering inner attachments (TAPA), surrendering actions (KARMA), by and by tuning into the Real (SWADHYAYA). This is doing minor surrenders that prepare us for the final surrender. In AGNIHOTRA, without surrendering whatever we could call mine, we receive (AGNIHOTRA Mantra, NA MAMA, indicates 'not mine'). AGNIHOTRA gives us a 'taste' of GRACE. Grace is always there.

Since I read Vasant's book GRACE ALONE, I always hear "GRACE ALONE". Drop your personal efforts. May it be so.

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## SATSANG NEWS

### Holland

Carola taught AGNIHOTRA and taught Fivefold Path at Amsterdam, Utrecht and Bilthoven.

### AGNIHOTRA Pots

A consignment of a hundred semi-pyramid shaped AGNIHOTRA copper pots was airshipped to Stuttgart (Germany) by Barry last month. Part of the consignment will be taken to Holland by Carola who is presently visiting Germany.

### SATSANG in Book Form

SATSANG Vol. I, comprising 24 issues 1973-74, is under reprint in a book form. Ingrid is coordinating the work. Jimmy has done the art work and Stu is in charge of printing at AGNIHOTRA Press. Noni is preparing the index.

The book can serve as total guidance on the path of spiritual unfoldment leading to Kingdom of Bliss within you.

### West Germany

Werner Metzger held group meetings in following towns: Memmingen, Uberlingen, Donaueschingen, Sigmaringen, Böhringen-Radolfzell.

At Memmingen the meetings were arranged by Peter Stahl who has taught AGNIHOTRA to over 30 people in the area. Weekly SATSANG meetings are held at Böhringen-Radolfzell led by Werner.

Werner is working on the German translation of all SATSANG Vol. I issues, 1 through 24.

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### Philadelphia, Pa.

By Sulaiman Muhammad

In the name of Allah, Most Gracious, Most Merciful. As-Salaamu-Alaikum. We thank Parama Sadguru Shri Gajanan Maharaj and his beloved servants and disciples through his divine grace and reiteration of the teachings of AGNIHOTRA and the Fivefold Path of Vedas.

Vasant Paranjpe and our beloved Elwood Taylor of Washington, D.C. came to this city called Brotherly love (Philadelphia). Both appeared in a public lecture on 'Happiness Here and Now'. Brother Elwood Taylor started the meeting off by introducing Vasant, who is originally from India, now in this country teaching the Science of the Vedas, the oldest known revelation.

Giving information on some of Vasant's earthly missions and teachings, Brother Elwood went on to expound:

"Vasant has traveled through many lands teaching the Vedic Science of the Fivefold Path. He is also Editor of SATSANG. His love and respect for others has brought this divine representative here to the city of Brotherly love."

Brother Elwood expressed that Vasant was deeply interested in coming to this area to teach the Vedic Science of Kriya Yoga.

Vasant's overall message on October 18, 1975 (As understood by his disciple Sulaiman Muhammad):

Happiness Here and Now

Mind Training Programme

Kriya Yoga

Happiness is to live a constructive life, spiritually, scientifically, performing right Karma (right actions) towards self and others.

The mind not being disciplined, causes us humans to act like an intoxicated monkey. This lands us into alcohol, drugs and improper food.

Our bodies have fallen victims to bent spines and diseases brought about by pollution and wrong dietary habits.

Water pollution and air pollution combined with poor functioning of the mind and body become our greatest enemies. Radioactivity is floating through the atmosphere.

Why go to a spiritual reader for the cure?

You know that you are consuming improper foods, drugs, etc., causing the animal passions to increase which lead to wrong behavior.

Jobs, money, material wealth and many other factors definitely are causing us great unrest and disturbance of our minds.

Vasant further added that if the atmosphere is polluted and we breathe and drink the pollution in it, we become victims of pollution. Our thinking, our minds become victims of pollution.

What can we do as intelligent human beings to get out of this situation?

Please write to SATSANG for further information.

Following this message as understood from Vasant's speech, is our complete programme. If you are interested, please notify SATSANG.

#### From Vasant's Bible Yoga Class

Jesus was talking, "Thou shalt not steal, thou shalt not commit adultery, etc. etc." The man replied, "I have observed all these from my youth." Jesus then said, "Sell everything you have and then come to me." He was a rich man and hence found it difficult to obey this command.

Jesus went on, "It is easier for a camel to pass through the eye of a needle than for a rich man to enter the gates of Heaven."

What does this mean? A rich man has many things and he is attached to them. A poor man has nothing and he is hankering after them. Both are equally away from the gates of the Kingdom of Heaven. One must learn to leave this attachment to worldly possessions. Then what happens?

"I am in the world but not of the world." We then enter a state, "Not my will but Thy Will be done." Our attitude becomes, "Forgive them Father for they know not what they do." Then life presents no misery for us. We are always attuned.

To inculcate nonattachment, practice DAAN, the second aspect of the Fivefold Path.

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From Vasant's Discourses

"Abraham was not a Christian, Abraham was not a Jew, Abraham was a Hanif (Muslim)."

Prophet Muhammed spoke of one religion that was in the beginning. He further states in the Holy Quran that people quarrelled among themselves and formed into sects. Several messengers of God then came to set things right.

"We make no distinction between the Messengers." ' (Holy Quran)

Hence, a true Moslem pays respect to the teachings of all the previous messengers.

From Vasant's Talks at Washington, D. C.

"Quantum Physics has landed us into revolutionary probings that might one day give us guidelines as to man's purpose on earth. When the physicist hypothecates an observer dependent world he is speaking the language of Vedas, the ancient-most revealed knowledge. Quantum Physics will one day lead us to conclude that man interacts beneficially with environment by inducing changes in human values. How interesting it is to imagine that it is left to the scientist of late twentieth century to prove by conclusions of physics that TAPA (self-discipline) improves KARMA (right action)."

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